

THE Regal Heights Messenger

October 2018, Volume II, Issue X

REGAL HEIGHTS
HEALTHCARE & REHABILITATION
CENTER

A Member of **NATIONWIDE
HEALTHCARE SERVICES**

MEET OUR DEPARTMENT LEADERS

- **Cassandra Lor**
Administrator
- **Susan Ricciardi**
Admissions
- **Michelle Domenici**
Director of Nursing
- **Penny Ikner**
Assistant Director of Nursing
- **Kristin Zaballero**
Rehab Director
- **Amanda Lentz**
Dietitian
- **Jo Ellen Chelsa**
Social Services
- **Mary Lutri**
Social Services
- **Nico Zaballero**
Activities Director
- **Claudia McFarland**
Business Office Manager
- **John Taylor**
Maintenance Director
- **Tyrone Wimes**
Food Service Director

Resident of the Month: Donna Brown

Donna Brown was born in Wilmington, DE, and has been a part of the Regal Heights family for many wonderful years. Donna loved her job as a house cleaner, but in her spare time, she loves to play bingo. She has 4 children, 7 grandkids, and 4 great-grandchildren. Donna's food choice is pastas of many kinds. A message from Donna to all is "Wish 'em all luck!"

Employee of the Month: Jineen Moore

Jineen Moore has been an outstanding part of the Regal Heights family for 5 months. She has 4 kids! Jineen always comes to work with a smile on her face and a hardworking attitude. She is very down to earth and always willing to help her coworkers. She is very humble, and enjoys fried chicken and chocolate chip cookies for dessert. Jineen Moore has been an amazing asset to the Regal Heights family and we appreciate all that she has offered to our team! Her favorite saying is "Relax."

From Our Administrator

Hello residents, staff, and friends,

As we bid the summer season adios, the fall/autumn season is kicking into full gear. Fall is my favorite season; besides the fashion wear, I look forward to the leaves turning their beautiful shades of color. With the changes in the length of daylight and temperature, the chlorophyll breaks down, the green color of the leaves disappears, and the yellow, purple, brown, red and orange leaf colors become more apparent. This gives the fall season colorful and spectacular scenery.

At Regal Heights, there are many exciting events happening in October. In addition to the regular restaurants and shopping outings, our Therapeutic Recreation Department kicks it in high gear for a friendly pumpkin decorating contest for all departments to participate. Then the Regal Heights team, "Team Remember Me" will participate in the Walk to End Alzheimer's on October 20, 2018 at the Wilmington River Front. Lastly, we end the month with the Regal Heights Annual Haunted House event, and the Halloween Trick or Treat event with Kindercare Day Care. Please come and celebrate the festivities with us. Happy Halloween!!

Thank you,

Cassandra Lor

Administrator, Regal Heights Healthcare & Rehabilitation Center





Sun	Mon	Tue	Wed
	<p>1 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)</p>	<p>2 10:30 Rosary (CR) 12:00 River Front River Tour Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR) </p>	<p>3 Pumpkin Contest 10:30 Expressions 10:30 Bible Studi 2:30 Baubles and 5:00 Bon Appetit</p>
<p>7 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H) 2:00 Hymns with Alma (CR) 2:30 Hockessin United Church (CR) 2:30 Expressions (B)</p>	<p>8 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)</p>	<p>9 10:30 Perkins Eastburn Bus Trip 10:30 Catholic Mass (CR) 2:30 Women's Outreach (CR) 7:00 Evening Baking (CR)</p>	<p>10 11:00 Let's Get 10:30 Bible Studi 2:30 Baubles and 7:00 Meal Plann</p>
<p>14 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H wing) 2:00 Hymns with Alma (CR) 2:30 New Destiny Fellowship Church (CR) 2:30 Expressions (B) </p>	<p>15 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)</p>	<p>16 10:30 Dollar Store Bus Trip 10:30 Rosary (CR) 2:30 Women's Outreach (CR) 7:00 Evening Baking (CR)</p>	<p>17 10:30 Expressions 10:30 Bible Studi 2:00 Crochet Gr 5:00 Bon Appetit</p>
<p>21 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H wing) 2:00 Hymns with Alma (CR) 2:30 Voices of Truth Church Services (CR) 2:30 Expressions (A)</p>	<p>22 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)</p>	<p>23 10:30 Famous Dave Bus Trip 10:30 Rosary (CR) 2:30 Women's Outreach (B) 7:00 Evening Baking (CR) </p>	<p>24 2:00-3:30 Annual Heights Healthca House Event (C </p>
<p>28 10:30 Chat and Chew (CR) 10:30 Word Games (H wing) 2:30 Expressions (B) 2:00 Hymns with Alma (CR) 2:30 St. Andrews and Matthews Church Services (CR)</p>	<p>29 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR) </p>	<p>30 10:30 Wal-Mart Trip 10:30 Rosary (CR) 2:30 Women's Outreach (CR) 7:00 Evening Baking (CR)</p>	<p>31 Halloween Costum 10:30 Halloween T Event (Around Fac 11:30 Kids Lunche 2:00 Halloween Pa Ranni (CR) 7:00 Open Recreati</p>

Activity Calendar

October 2018



A Member of
NATIONWIDE
HEALTHCARE
SERVICES

ed

Thu

Fri

Sat


Decorating
Display
(CR)
ly Group (H)
d Beads (B)
t (CR)

4
10:00 Food for thought (CR)
2:30 Bingo (CR)
6:00 Pizza and Movie (CR)

5
10:30 Men's Group (CR)
2:00 Happy Hour w/ Rob
Carroll (CR)

6
10:30 Team Games (CR)
10:30 Hot Topic (C wing)
2:30 Expressions (A wing)
2:00 Bingo (CR)

Crafty (CR)
ly (H)
d Beads (B)
ing (CR)

11
10:30 Living Word Church
Service (CR)
2:30 Bingo (CR)
6:00 Pizza and Movie (CR)



12
10:30 Hospitality Cart w/ Trina
2:00 Happy Hour w/ Frank &
Michelle (CR)



13
10:30 Team Games (CR)
10:30 Hot Topics (C wing)
2:00 Bingo (CR)
2:30 Expression (B wing)

on (CR)
ly Group (H)
oup (CR)
t (CR)

18
10:00 Food for Thought CR)
11:00 Alzheimer's Purple Bake
Sale (ML)
2:30 Bingo (CR)
6:00 Pizza and Movie (CR)

19
10:30 Men's Group (CR)
2:00 Happy Hour w/ Mr. Jerry
Trecroce (CR)



20
10:30 Family Life Church (CR)
10:30 Hot Topics (C wing)
2:00 "Any Old Time" (E)
2:00 Bingo (CR)
2:30 Expressions (A wing)

al Regal
are Haunted
(R)

25
10:30 Living Word Church
Service (CR)
2:30 Bingo (CR)
6:00 Pizza and Movie (CR)

26
10:30 Hospitality Cart w/ Trina
10:30 Men's Group (CR)
2:00 Happy Hour w/ Ms. Shari
McCarthy (CR)

27
10:30 Table Games (CR)
10:30 Hot Topics (C wing)
2:00 "Any Old Time" (E)
2:00 Bingo (CR)
2:30 Expressions (A wing)


e Contest
Trick or Treat
(ility)
on (CR)
rty with Fulvio
on (CR)

**HAPPY
HALLOWEEN**



OCTOBER FUN FACTS

BIRTHDAYS

Mary Mazzarelli • 10/1

Helena Millie • 10/8

Denise Morehead • 10/10

Lakisha Watson • 10/15

Loretta Dobbins • 10/18

Judith Fox • 10/18

Barbara Saunders • 10/22

Carolyn Gray • 10/25

Barbara Szewczyk • 10/26

George Curtin • 10/29

Allen Brown • 10/31

STAFF ANNIVERSARIES

June Chandler • 39 Years

Valerie Evans • 33 Years

Bobette Pryce • 19 Years

Frances Verucci • 18 Years

Rhonda Benjamin • 11 Years

Veronica Dennison • 11 Years

Jesse Morgado • 11 Years

Susan Ricciardi • 10 Years

Michelle Domenici • 4 Years

Karin Morengo • 4 Years

Carolyn Bleil • 3 Years

Ruth Maguta • 3 Years

Todd McCarron • 2 Years

Amanda Sparkman • 2 Years

Eegunia Sebuabe • 1 Year

Robin Ball • 1 Year



The first Jack-o-Lanterns were made in Ireland out of hollowed-out turnips. A piece of coal was inserted into the hollow and the "lantern" was meant to guide the way of poor old Jack who wasn't welcome in Heaven but was also barred from entering Hell for tricking the devil. According to legend, the devil gave this crude lamp to Jack so that he could walk the earth forever in limbo. When the Irish brought this tradition to America, they apparently decided that pumpkins were easier to carve than turnips, and the modern-day Jack-o-Lantern was born!



Although there are many theories on the origin and history of Halloween, it is generally accepted that Halloween dates back to an ancient Celtic festival known as Samhain, or the Celtic New Year. It was believed that the spirits of everyone who had died during the year would return on the eve of Samhain to seek living bodies to possess for the following year. The Celts would dress in ghoulish costumes and hold noisy revels in an attempt to frighten away these spirits. Food and drink was also offered to pacify the dead. There are many tales of unfortunate souls being burned at the stake because they were perceived to have been possessed by one of the returning spirits. Around the turn of the first century AD, Romans abandoned this custom of human sacrifice in favor of the burning of effigies.



Bobbing for apples is a traditional Halloween game in which a tub or large basin is filled with apples and water. Because apples are less dense than water, they will float at the surface. Players then try to catch one with their teeth.



According to tradition, salt can be laid around the boundaries of a room to prevent spirits and demons from entering.



HALLOWEEN WORD SEARCH



Happy Halloween

T	L	U	F	T	H	G	I	R	F	S	P	O	V	D	M	Z
H	E	P	C	Z	C	S	J	S	T	Y	S	O	S	O	K	N
G	P	U	M	P	K	I	N	A	Y	E	D	B	T	S	S	O
I	N	O	T	I	P	G	B	E	G	V	R	N	A	P	X	I
L	R	T	T	A	C	K	C	A	L	B	A	D	M	O	A	T
I	E	R	C	R	C	D	U	Y	S	H	Q	U	U	O	G	O
W	T	I	W	A	G	Z	W	E	P	P	B	P	L	K	O	P
T	N	C	C	P	U	E	I	R	E	R	Z	E	Y	M	G	
X	A	K	B	P	C	L	Z	Z	S	S	H	T	B	Z	W	
U	L	O	R	A	T	G	D	O	G	H	I	W	I	T	C	H
E	O	R	I	R	I	Z	O	R	H	S	P	E	L	L	X	O
V	R	T	M	I	O	G	X	N	O	C	O	N	J	U	R	E
M	C	R	S	T	P	J	T	C	S	N	B	E	W	B	O	C
O	A	E	T	I	K	F	T	E	T	V	O	G	A	J	I	C
O	J	A	O	O	Z	D	S	S	N	O	T	E	L	E	R	S
N	A	T	N	N	B	P	G	B	P	E	U	C	R	X	W	V
J	G	V	E	J	S	U	O	I	R	E	T	S	Y	M	F	O

AMULET
APPARIATION
BATS
BLACK CAT
BOO
BRIMSTONE
CRACKLE
CAULDRON
COBWEB
CONJURE
EERIE
FRIGHTFULL
GHOST
GOOSE BUMPS
JACK-O-LANTERN
MOON
MYSTERIOUS
PHANTOM
POTION
PUMPKIN
SKELETON
SPELL
SPOOKY
TRICK OR TREAT
TWILIGHT
WITCH

